

YDI Breakfast Menu (Age 24mos-5yrs)

+ = High in Vitamin C

October 2022

* = High in Vitamin A

		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrition Ed</i>				
week IV	3	3/4 c 1% Milk 1/4 c +Strawberries & 1/4 c Blueberries (Fresh in Season) 1/4 c Scrambled Egg, x-tra w/ Ketchup 14 gms Warm WW Tortilla	4	3/4 c 1% Milk 1/2 c +Pineapple Tidbits 28 gms WG Banana Bread Square (No nuts)	5	3/4 c 1% Milk 1/2 c +Orange Slices 1/4 c Cream of Wheat, (14 gms dry)	6	3/4 c 1% Milk 1/2 c +Cantaloupe 1/2 c +Orange Slices 1/2 c WG Cheerios, 14 gms	7	3/4 c 1% Milk 1/2 c +Mandarin Oranges Mc Head Start Muffin (Toasted WG/ WW English Muffin,14 gms w/ 1/4 c Scrambled Egg-x-tra & Sprinkling of Cheese-x-tra)	food detective bell pepper
week I	10	3/4 c 1% Milk 1/2 c + Honeydew 1/4 c Scrambled Egg, x-tra w/ 2 Tbl. Ketchup Warm WW Tortilla, 14 gms	11	3/4 c 1% Milk 1/2 c + Mandarin Oranges 17 gms WG/WW Pancakes w/ 1-2 Tbl. Syrup	12	3/4 c 1% Milk 1/2 c + Kiwi, peel & cut 1/ 4 c Cream of Wheat, (14 gms dry)	13	3/4 c 1% Milk 1/2 c +Orange Wedges 14 gms WG/WW Biscuit w/ 1-2 Tbl Jelly	14	3/4 c 1% Milk 1/2 c + Pineapple Tidbits 14 gms Pita Bread w/ 1/2 oz Melted Cheddar Cheese, x-tra	taste testers bell pepper
week II	17	3/4 c 1% Milk 1/2 c + Cantaloupe 3/4 c Vegetable Skillet Frittata (1/4 c Egg w/vegetables, extra) 1/2 SL, 14 gms WG/WW Bread , toasted and Lightly Buttered	18	3/4 c 1% Milk 1/2 c +Pineapple Tidbits 1/4 c WG Oatmeal (14 gms dry)	19	3/4 c 1% Milk 1/2 c +Kiwi, peel & cut 14 gms WG Toasted Bagel w/1/2 oz Melted Mozzarella Cheese, x-tra	20	3/4 c 1% Milk 1/2 c +Fresh Orange Wedges 28 gms WG Banana whole wheat muffins (No Nuts)	21	3/4 c 1% Milk 1/2 c +Strawberries (Fresh in Season) 35 gms WG/WW French Toast Sticks w/ 2 Tbl Warm Cinnamon Applesauce, x-tra	Lets get cooking bell pepper and yogurt dip
week III	24	3/4 c 1% Milk 1/2 c +Strawberries (Fresh in Season) Scrambled Egg(1/4 c), x-tra Sandwich on WG/WW Biscuit,14 gms	25	3/4 c 1% Milk 1/4 c +Orange Slices & 1/4 c Banana Slices 1/4 c WG Oatmeal, (14 gms dry)	26	3/4 c 1% Milk 1/2 c +Pineapple Tidbits Toasted WG Bagel,14 gms, w/ 1-2 Tbl. Jelly	27	3/4 c 1% Milk 1/2 c + Cantaloupe 17 gms, WG Waffle w/ 1-2 Tbl. Syrup	28	3/4 c 1% Milk 1/2 c +Mandarin Oranges 1/2 SL, 14 gms Warm Cheese Pita (1/2 oz Melted Cheddar Cheese, x-tra, on Pita Bread)	Lets get cooking bell pepper quesadilla
week IV	31	3/4 c 1% Milk 1/4 c +Strawberries & 1/4 c Blueberries (Fresh in Season) 1/4 c Scrambled Egg, x-tra w/ Ketchup 14 gms Warm WW Tortilla	 <p style="font-size: small; text-align: center;">This Photo by Unknown Author is licensed under CC BY-SA</p>				food detective pear				

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Notes: 1) texture will be modified for each child's developmental level. 2) YDI menus are nut free and do not permit outside food. 7/21/2021


Non-Discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

YDI Lunch Menu (Age 24mos-5yrs)

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		October 2022					Nutrition				
		Monday	Tuesday	Wednesday	Thursday	Friday	Ed				
week IV	3	3/4 c 1% Milk 1/2 c Beef & Spaghetti Casserole (1 1/2 oz Grnd Beef, 1/4 c *Sauce, and 1/4 c WG Spaghetti Noodles) 1/4 c Pears	4	3/4 c 1% Milk 3/4 c Chile Con Carne (1 1/2 oz Ground Turkey, 1/4 c Red Beans & *Sauce) 1/4 c +Kiwi, ripe, peel & cut 17 gms Corn Bread	5	3/4 c 1% Milk 1 1/2 oz BBQ Chicken (8 PC) 1/4 c Green Beans 1/4 c Peaches 1/2 SL, 14 gms, WW/WG Bread, Lightly Buttered (if desired)	6	3/4 c 1% Milk 1 1/2 oz Beef Pot Roast 1/4 c Oven Baked Potatoes 1/4 c * Steamed Carrots 1/2 SL, 14 gms WG/WW Bread	7	3/4 c *WG Penne Pasta w/Three Cheese (1 1/2 cheddar, Mozzarella, shredded Parmesan and sauce, extra) 1/4 c *Sautéed Spinach w/ Onion-x-tra 1/4 c +Honeydew 14 gms WG Bread Stick w/ garlic butter	food detective bell pepper
week I	10	3/4 c 1% Milk 1/2 c Spanish Rice and Ground Beef (1 1/2 oz beef, 1/4 c WG Brown Rice, 1/4 c *vegetable 1/4 c Calabacitas w/ onions, x-tra 1/4 c Peaches (See recipes for amounts)	11	1 1/2 oz Teriyaki Chicken (8pc) 1/2 c Broccoli & Stir Fry Noodles (1/4 c WG noodles, stir fried w/ 1/4 c * Steamed Broccoli & Green Onions-extra) 1/4 c Banana Chunks (Dip in +PA Juice, x-tra)	12	3/4 c 1% Milk 1 1/2 oz Pork Loin 1/4 c Peas 1/4 c +Cantaloupe 1/2 SL, 14 gms WG/WW Bread	13	Pizza Pup-1 1/2 oz Grnd Beef on 14 gm WW Bun w/a Sprinkling of mozzarella cheese extra & *Sauce, x-tra (see recipe) 1/2 c Tossed Salad w/ *Dark Greens & 1 Tbl LF 1000 Island Drsg. 1/4 c Apple Wedges (Dip in PA jce xtra)	14	3/4 c 1% Milk Bean Burrito on 14 gms warm WW tortilla (1/2 c Refried Beans & Sprinkle of Monterey jack cheese extra) 2 Tbl. * tomato salsa, x-tra 1/4 c *Lettuce & 1/8 c *Tomato 1/4 c +Strawberries (Fresh in season)	taste testers bell pepper
week II	17	3/4 c 1% Milk Sloppy Joe on a 14 gms WW Bun (1/3 c Meat Mixture= 2 oz) 1/4 c *Fresh Broccoli w/ 1 Tbl. FF Ranch Drsg 1/4 c +Mandarin Oranges	18	Bean Tostada w/ 1/2 c homemade refried Beans & a sprinkle of cheddar ,extra on a WG Tostada Shell (14 grms) 1/4 c *Shredded Lettuce & 1/8 c *Diced Tomato 2 Tbl. *Tomato Salsa, x-tra 1/4 c Applesauce	19	3/4 c 1% Milk 1 1/2 oz Oven Baked Parmesan Chicken (Thigh Meat) 1/4 c Zucchini w/ onion, extra 1/4 c Fruit Cocktail, cut grapes in half 1/2 SL, 14 gms WG/WW Bread	20	3/4 c Beefaroni (1 1/2 oz grnd beef 1/4 c WG Elbow Mearoni & 1/4c Tomato Jc, tomato, corn & onion) Salad w/ 1/4 c *Spinach & 1/8 c cucumber 1 Tbl LF 1000 Island Drsg 1/4 c Sliced Apples (Dip in +PA juice, extra)	21	1 1/2 oz Baked buttered Tilapia w/ Lemon Pepper 1/4 c Roasted Vegetables (1/8 c Red/New Potato, 1/8 c *Carrot & Onion-x-tra) 1/4 c +Honeydew 14 gm WG/WW Dinner Roll	Lets get cooking bell pepper and yogurt dip
week III	24	3/4 c 1% Milk 1/6 Cottage Pie (1 1/2 oz Grnd Beef 1/4 c Mashed Potato LF Gravy & pie crust, x-tra) 1/4 c *Steamed Broccoli 1/2 SL WG/WW Bread, 14 grms	25	3/4 c 1% Milk 1/2 Chicken Enchilada (1 1/2 oz Chicken & Cheese 14 gms WG Corn Tortilla Mild Green Chile (see recipe for amts) 1/4 c Zucchini w/ Sautéed Onion, extra 1/4 c Pears (Fresh in Season)	26	3/4 c 1% Milk 1 1/2 oz Shredded BBQ Pork wrap on warm 14 gms warm ww tortilla w/ 12c *Steamed Cabbage & bell peppers 1/4 c Fruit Cocktail (Cut grapes in half)	27	1/2 Hamburger on 14 gms WG/WW Bun (1 1/2 oz Meat, Pickles, Onions, extra, ketchup, mustard 1/4 c *Lettuce & 1/8 c *Tomato 1/4 c +Honeydew or Watermelon (In Season)	28	3/4 c 1% Milk 1 c Tuna Casserole (1 1/2 oz Tuna, 1/4 c *Peas & Carrots, 1/4 c WG Rotini Pasta, Bread Crumbs, x-tra & sauce) 1/4 c +Strawberries (Fresh in Season)	Lets get cooking bell pepper quesadilla
week IV	31	3/4 c 1% Milk 1/2 c Beef & Spaghetti Casserole (1 1/2 oz Grnd Beef, 1/4 c *Sauce, and 1/4 c WG Spaghetti Noodles) 1/4 c Pears					food detective pear				

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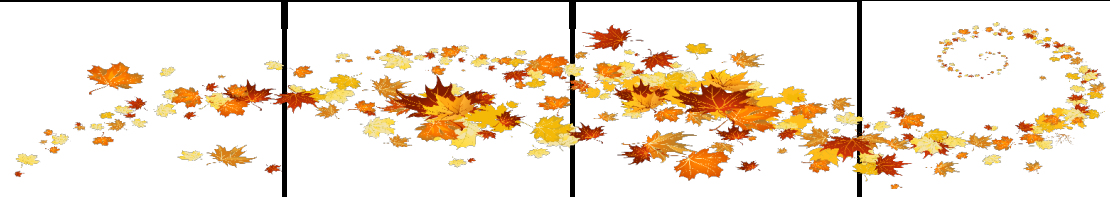

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YDI Snack Menu (Age 24mos-5yrs)

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		<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrition Ed</i>					
week IV	3	Fruit & Crackers 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	4	Veges & Cheese 1/2 c Cold Water 1/2 oz Mozz String Cheese 1/2 c Broccoli Florettes 1-2 Tbl. FF Ranch Drsg	5	Banana & Crackers 1/2 c Cold Water Whole Banana (1/2 c) 11 gms WG Gold Fish Crackers	6	Fruit & Yogurt Dip 1/2 c Cold Water 1/4 c Sliced Apple 1/4 c Diced +Straw-berries Mixed w/ 1/4 c PlainYogurt	7	Vegetables, Dip, & Pita Crisps 1/2 c Cold Water 1/8 c/2 T Hummus Dip, x-tra 1/4 c Cucumber Slices 1/4 c *Bell Pepper Slices 14 gms Pita Crisps (crispy Baked Pita triasngles)	food detective bell pepper	
	10	Veges & Cheese 1/2 c Cold Water 1/4 c *Carrot Sticks 1/4 c Cucumber Rounds w/ 1-2 Tbl FF Ranch Drsg. 1/2 oz Cheddar Cheese Cubes	11	Bread n' Milk 1/2 c 1% Milk 28 gms WG Banana Whole Wheat Muffins (No nuts)	12	Applesauce & Engl. Muffin 1/2 c Cold Water 1/2 c Applesauce 14 gms WW English Muffin, Lightly Buttered	13	Fruit & Grahams 1/2 c Cold Water 1/2 c Fruit Cocktail 14 gms Graham Crackers- No Honey-Approx. 2 Cracker Squares (Cut grapes in half)	14	Smoothie & Crackers 3/4 c Fruit Smoothie (1/4 c Yogurt, 1/4 Banana, 2 Tbl +Pineapple, & 1/4 c +Strawberries-fruit=x-tra) 11 gms WG Gold Fish Crackers	taste testers bell pepper	
	week II	17	Fruit & Cheese 1/2 c Cold Water 1/2 c +Stawberries (Fresh in Season) 1/2 oz Mozz String Cheese	18	Crackers & Fruit 1/2 c Cold Water 11 gms WW Crackers 1/2 c Apple, +Orange, Banana Salad made w/ OJ Concentrate (1/8 c each)	19	Milk & English Muffin 1/2 c 1% Milk Toasted WW English Muffin, 14 gms, w/ 1-2 Tbl. Jelly	20	Milk & Cereal 1/2 c 1% Milk 1/2 c Kix, 14 gms	21	Cheese and Veggie Wrap 1/2 c Cold Water Warm Veggie Wrap made w/ 1/2 WW Tortilla, 14 gms & 1/2 oz Melted Cheddar Cheese & a Sprinkling of *Diced Bell Pepper (x-tra)	Lets get cooking bell pepper and yogurt dip
		24	Dippers & Salsa 1/2 c Cold Water 1/2 c Cucumber Rounds 1 tbl FF Ranch Drsg 11 gms WW Crackers	25	Apples and Cheese 1/2 c Cold Water 1/2 c Apple Slices, (Dip in +PA juice, xtra) 1/2 oz Mozz String Cheese	26	Milk & Fruit 1/2 c 1% Milk 1/2 c Peaches	27	Milk & Crackers 1/2 c 1% Milk 14 gms Graham Crackers (No Honey)	28	Banana and Yogurt Dip 1/2 c Cold Water 1/2 c Banana 1/4 c Vanilla Yogurt Dip Topped with Sprinkling of WG Cheerios-x-tra	Lets get cooking bell pepper quesadilla
	week IV	31	Fruit & Crackers 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	 <p style="text-align: center; font-size: small;">This Photo by Unknown Author is licensed under CC BY-NC</p>				31	Fruit & Crackers 1/2 c Cold Water 1/2 c +Pineapple 11 gms WW Crackers	31		food detective pear

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